

 Programme Day 1



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Time 09:40Time 09:30 | | Ingrid Barker Chairperson  Paul Roberts  Chief Executive  Gloucestershire Health and Care NHS Foundation Trust | Poster | Open week of events |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 10:00Time 09:40 | | Podiatrist: Diabetes and your feet | Body feet f | Live Talk  with Q & A |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 10:15Time 10:00 | | Wheels for All: Bikes and Trikes | Wellbeing Be Active | Promotional Film |  | [**Link to YouTube Film**](https://youtu.be/rXXR51YvHus) | |
| **Coffee Break 2Coffee Break 2**  **Morning Break** | | | | | |
| Time 11:00Time 10:30 | | Gloucestershire Carers Hub services and Carers Emergency Scheme | Talk | Live Talk  With Q & A  Lorna Carter  Steve Moore | https://gloucestershirecarershub.co.uk/wp-content/uploads/2021/03/LogoSmall.jpg | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09)  See film in A -Z | |
| Time 11:30Time 11:00 | | Speech and Language Therapist – What do we do | Talk | Live Talk  With Q & A  Kate and  Lauren |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 12:00Time 11:30 | | Healthy Lifestyles Gloucestershire | Wellbeing Connect | Live Talk  With Q & A | **C:\Users\simon.shorrick\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\27039CEF.tmp** | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 01:00Time 12:30 | | Kingfisher Treasure Seekers   * Supercharged Me Campaign * The Light House Day opportunities | Wellbeing Connect | Live Talk  With Q &A | **C:\Users\simon.shorrick\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\DC56AFB0.tmp** | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| **Video ChatLunch Break**  Coffee Break 2  **🟋 social chat PLUS whats coming up next 🟋** | | | | | | | | |

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**Afternoon Programme**

**DAY 1 of the Big Health and Wellbeing Event**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time 03:00Time 02:30 | Active Impact’s Of Course We Can Programme: Safe outdoor activities | Wellbeing Be Active | Promotional Film |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 03:30Time 03:00 | Forwards: Employment Service | Wellbeing Connect | Live Talk with Q & A | logo | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 04:00Time 03:30 | University of Gloucester Learning Disability Student Nurse Programme | Video filming | Video and live talk | University of Gloucestershire | [Nursing (Learning Disabilities) (2 min) - YouTube](https://www.youtube.com/watch?v=0gFs110TiKw) |





 Programme Day 2





|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time 09:30 Time 10:00 | | Camphill Village Trust: How the Trust has used technology to stay connected while apart | | Video filming | | Promotional Film with Live Talk |  | | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 10:30Time 10:00 | | Podiatrist: Common foot problems | | Diabetes test3 | | Live Talk with Q & A |  | | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| **Coffee Break 2Coffee Break 2**  **Morning Break** | | | | | | | | | | |
| Time 11:15Time 10:45 | | GFitness: Activity Demonstration | | Wellbeing Be Active | | Live Activity  Simon Grodentz | | |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 11:30Time 11:15 | | Occupational Therapist: Activities and routines of daily living | | Diabetes test3 | | Live Talk  Q & A | | |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 12:00Time 11:30 | | COVID Update  NHS England | | Diabetes test3 | | Live Talk  Q & A  Jon and Liz | | | NHS England - Wikipedia | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 12:30Time 12:00 | |  | |  | |  | | |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| **Video ChatLunch Break**  Coffee Break 2  **Join our Rainbow Quiz with Tim 1.30 – 2pm**  **🟋 social chat PLUS whats coming up next 🟋** | | | | | | | | | | | |

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**Afternoon Programme**

**DAY 2 of the Big Health and Wellbeing Event**

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| --- | --- | --- | --- | --- | --- |
| Time 02:30Time 01:30 | Allsorts – families and children | Wellbeing Be Active | Live session | Final Logo png | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 03:00 Time 02:30 | Orchard Trust: Live Session | Wellbeing Connect | Walkabout  Bianca Bertalot | The Orchard Trust | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 03:30Time 03:00 | Inclusion Gloucestershire | Talk | Live Talk  with Q & A  Vicci Livingstone-Thompson  Dawn Crawford | cid:image001.jpg@01D753BE.EA797900 | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 04:00Time 03:30 | Camphill Village Trust  A Life of Opportunity Campaign | Talk | Live Talk  with Q & A  Janet Hawkins |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |



**Drama Taster Session on Wednesday morning in Gloucester City Centre**

To attend phone **Emily Luckham** for details on where to meet

**Tel: 07590 809353**

**Live Event**

**10.30 – 11.30**

**Book to Attend**



 Programme Day 3





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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time 10:00 Time 09:30 | Podiatrist: What should I ware on my feet | Comfy shoes | | Live Talk  with Q & A | |  | | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 10:45Time 10:15 | Psychology: Mental Health and Wellbeing | Wellbeing Take Note | | Live Talk  with Q & A | |  | | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| **Coffee Break 2Coffee Break 2**  **Morning Break** | | | | | | | | | |
| Time 11:30 Time 11:00 | | | GEM: Going the Extra Mile  Positive steps towards employment | | Talk | | Online  Activities | | GEM Logo | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | | |
| Time 12:00 Time 11:30 | | | Scrubditch Care Farm | | Talk | | Live Talk  With Q & A  Gerry | |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | | |
| Time 12:00Time 12:30 | | | Wiggly Worm – Veg-Chilli cookery lesson | |  | |  | | A close up of a logo  Description automatically generated | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | | |
| Time 01:00Time 12:30 | | | PohWER –Advocacy and Complaints | | Talk | | Live Talk  With Q & A  Eleanor | | cid:image088388.png@79B20863.5F22F17A | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | | |
| **Video ChatLunch Break**  Coffee Break 2  **🟋 social chat PLUS whats coming up next 🟋** | | | | | | | | | | | |

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**Afternoon Programme**

**DAY 3 of the Big Health and Wellbeing Event**

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| --- | --- | --- | --- | --- | --- |
| Time 03:00 Time 02:30 | Recovery College: Looking after your Mental Health | Wellbeing Take Note | Live Talk  with Q & A  Holly |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 03:30Time 03:00 | Learning Disability Hospital Liaison Nurse | Wellbeing Take Note | Live Talk  With Q & A  Short film  Nikki | Gloucestershire Hospitals NHS FT - Cavell | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 04:00Time 03:30 | Diabetes – what to look for and what to do next | Wellbeing Take Note | Live Talk  With Q & A |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |

Try the Inclusion Gloucestershire Hub

 **To attend on Wednesday 23rd June:** 

**Please contact Emily Luckham or phone or text 07590 809353 to book a place**



**live event**

**10 – 2pm**

**WHICH YOU CAN ATTEND**

**To attend on Wednesday 23rd June:**

**Please register at** [gloucestershirewheelsforall@leonardcheshire.org](mailto:gloucestershirewheelsforall@leonardcheshire.org)

**or phone or text Charlotte to book a session - 07511170560**

**Inclusive Cycling with Wheels for All**[**Want to know more? Click on this link for details**](file:///C:\Users\Karin.parker\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\7ZBR5EIP\Social%20Story%20-%20What%20to%20expect%20when%20you%20come%20cycling!.pdf)

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[Gloucestershire Wheels For All | Cycling Projects — The UK inclusive cycling charity](https://cycling.org.uk/locations/gloucester-wheels-for-all)





 Programme Day 4

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time 09:30 Time 10:00 | | | Podiatrist: Looking after your feet | Body feet f | Live Talk  with Q & A |  | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 10:30 Time 11:00 | | | Psychology: Mental Health and Wellbeing | Wellbeing Take Note | Live Talk  with Q & A  Kate and Claire |  | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Coffee Break 2Coffee Break 2  **Morning Break** | | | | | | | |
| Time 11:45Time 11:15 | | Gloucestershire Health and Care NHS Trust: Live Better to Feel Better programme | | Talk | Live Talk  with Q & A |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 12:15Time 11:45 | | Dance Challenge: Learn an inclusive virtual dance sequence | | Wellbeing Be Active | Live dance class with Kez |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| Time 01:00Time 12:30 | | Post-Covid Signs  What is it?  How can people help? | | Wellbeing Take Note | Live talk  With Q & A |  | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | |
| **Video ChatLunch Break**  Coffee Break 2  **Join our lunchtime Rainbow Quiz with Tim – 1.30 – 2pm**  **🟋 social chat PLUS whats coming up next 🟋** | | | | | | | |

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**Afternoon programme**

**DAY 4 of the Big Health and Wellbeing Event**

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| --- | --- | --- | --- | --- | --- |
| Time 03:00 Time 02:30 | Gentle Chair Yoga Class |  | Live Session  Jules creating Wellbeing | Picture | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |
| Time 04:00 Time 03:30 | Oliver McGowan Mandatory Training in Learning Disability and Autism Trial | Video filming | Promotional  Film | cid:image001.jpg@01D753BE.EA797900Link to homepageFamily Partnership Solutions | [**Link to YouTube Film**](https://youtu.be/_CpKdAk_DQU) |



Thursday 24th June 10 – 2pm

Booking times:

10 – 11am

11 – 12pm

12 – 1pm

1 – 2pm

Register. Phone **Steve Wigg** – 01452 396969 or Email: [steve.wigg@aspiretrust.org.uk](mailto:steve.wigg@aspiretrust.org.uk)

Need to provide – name, contact no, medical concerns

At Oxstalls sign in by scanning QR code Track and Trace app

Please bring a pack lunch Water available 



Oxstalls Sports Centre

**Short tennis practice on the Astro Turf Court**

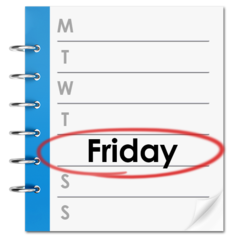
 



 Programme Day 5



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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time 09:30 Time 10:00 | | | Psychology: Mental Health and Wellbeing | Wellbeing Take Note | | Live Talk  with Q & A | |  | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | | |
| Time 10:30 Time 11:00 | | | Shared Lives: supporting individuals and carers | Talk | | Live Talk  with Q & A | | logo | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | | |
| Time 11:30 Time 12:00 | | | Mindfulness Session – mental, emotional and physical processes | Wellbeing Be Active | | Live Talk  With Q & A  David and Bill | |  | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) | | |
| **Video ChatLunch Break 12 – 1pm**  Coffee Break 2  **🟋 social chat . Thoughts about the week🟋** | | | | | | | | | | |
| Time 01:30Time 01:00 | | Good Bye and  thankyou | | | Kenny alice 1 | | Simon, Karin ad Matt | |  | | [**click here for Zoom link**](https://zoom.us/j/91776572162?pwd=cHh2dEpWTG44TDd2YmxZSWY3NFZlUT09) |

|  |  |  |
| --- | --- | --- |
| List 2  **A-Z DIRECTORY** | | |
| **BuildingOrganisation** | **Internet Website or** Small Red YouTube Logo **Link** | **ReceiverTel No. or Email Email** |
| Active Gloucestershire | https://wecanmove.net/events  [Get Active Your Way | Find Activities in Gloucester | We Can Move](https://wecanmove.net/get-active) | Tel: 01452 393611 |
| Active Impact | [www.activeimpact.org.uk](http://www.activeimpact.org.uk) | Tel: 01452 341266 |
| Allsorts – for families who have children with special needs | <http://allsortsglos.org.uk/> | Tel: 01453 750474 |
| Aspire Trust – Oxstalls Sports Park | [www.aspiretrust.org.uk](http://www.aspiretrust.org.uk) | Tel: 01452 396969 |
| Camphill Village Trust | [Home • Camphill Village Trust](https://www.camphillvillagetrust.org.uk/) | Tel: 01594 516246 |
| Forwards Employments Service | <https://www.forwardsgloucestershire.co.uk/> | Tel: 07825 024692 |
| GEM: Going the extra mile | <https://glosgem.org/> | Tel: 01452 699741 |
| Gfitness | <https://www.gfitness.co.uk/> | Tel: 07742 270718 |
| Gloucestershire Carers Hub | [Home – Gloucestershire Carers Hub](https://gloucestershirecarershub.co.uk/) –  Small Red YouTube Logo[Link to YouTube film](https://youtu.be/5k_0FMzEmHE) | Tel: 0300 111 9000 |
| Gloucestershire Health and Care NHS Foundation Trust | [www.ghc.nhs.uk](http://www.ghc.nhs.uk) | Tel: 0300 4218 100 |
| Gloucestershire Health and Care NHS Foundation Trust | Health Facilitation Team  [Click here - resources](https://www.ghc.nhs.uk/other-areas/learning-disabilities/key-documents-resources/) CursorMonitor | Tel: 01452 321015 |
| Gloucestershire Health and Care NHS Foundation Trust | Post-Covid Syndrome Clinic | Tel: |
| Gloucestershire Health and Care NHS Foundation Trust | Podiatry services - [www.ghc.nhs.uk/our-teams-and-services/podiatry/](http://www.ghc.nhs.uk/our-teams-and-services/podiatry/) | Tel: 0300 421 8800 |
| Gloucestershire County Council – Shared Lives | <https://www.gloucestershire.gov.uk/shared-lives/> | Tel: 01452 426237 |
| Gloucestershire Hospital NHS Foundation Trust | [Learning Disabilities Hospital Liaison nurse team GHPI1179 (gloshospitals.nhs.uk)](https://www.gloshospitals.nhs.uk/your-visit/patient-information-leaflets/learning-disabilities-hospital-liaison-nurse-team/) | Tel: 0300 422 4985 |
| Healthy Lifestyles Gloucestershire | <https://www.hlsglos.org/> | Tel: 0800 122 3788 |
| Inclusion Gloucestershire | [Contact - Inclusion Gloucestershire](https://www.inclusiongloucestershire.co.uk/contact/) | Tel: 01452 234003 |
| Kingfisher Treasure Seekers | [Kingfisher Treasure Seekers (kftseekers.org.uk)](https://www.kftseekers.org.uk/) | Tel: 01452 307201 |
| Learning Disability Hospital Liaison Nurse | Small Red YouTube Logo[Link to YouTube film](https://www.youtube.com/watch?v=yeQZfU0uHq0) | Tel: 0300 422 4985 |
| Mobiloo – a Vehicle for Change | [www.mobiloo.org.uk](http://www.mobiloo.org.uk) | Tel: 0300 0301255 |
| Oliver McGowan Mandatory Training in Learning Disability and Autism Trial | Small Red YouTube Logo[Link to YouTube Film](https://youtu.be/_CpKdAk_DQU) | **Email**[olivermgmt@ghc.nhs.uk](mailto:olivermgmt@ghc.nhs.uk) |
| Orchard Trust | <https://orchard-trust.org.uk/> | Tel: 01594 861137 |
| PohWER – Advocacy and Complaints | <https://www.pohwer.net/gloucestershire> | Tel: 0300 0031162 |
| Recovery College | [Contact Us | SW Recovery College](https://www.swrecoverycollege.nhs.uk/contact-us/) | Tel: [01452 894204](tel:01452894204) |
| Scrubditch Care Fam | [Therapeutic Care | Scrubditch Care Farm | North Cerney](https://www.scrubditchcarefarm.org.uk/) | Tel 01285 895790 |
| Wheels for All: Bikes & Trikes | Small Red YouTube Logo[Link to YouTube Film](https://youtu.be/rXXR51YvHus) | **Email**[maryclare.faulkner@leonardcheshire.org](mailto:maryclare.faulkner@leonardcheshire.org) |
| Wiggly Worm - cooking | Small Red YouTube Logo[Link to YouTube film](https://youtu.be/pOyam6kqlLE)  [www.thewigglyworm.org.uk](http://www.thewigglyworm.org.uk) | **Email**[office@thewigglyworm.org.uk](mailto:office@thewigglyworm.org.uk)  Tel: 07851 592866 |
| Yoga - Jules Creating Wellbeing | Small Red YouTube Logo[Link to YouTube film](https://www.youtube.com/channel/UCwjJqwr-0idMj14E_O6EQKQ)  <https://julesallancreatingwellbeing.weebly.com/> | Tel: 07393 496499 |
|  |  |  |
|  |  |  |



**For more information contact Simon or Karin**

** Telephone No: 01452 321015  Email:** [**BigHealth2021@ghc.nhs.uk**](mailto:BigHealth2021@ghc.nhs.uk)